

Outcome distribution by region (grid-render-v1)

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure	Standard error	Remarks	Column
Workout Schedule	Exercise Type	Cardio; Strength Training; Flexibility	Improved Fitness	Completion of at least 3 sessions per week	Minutes per session	5	Data collected via fitness tracker	A
Workout Schedule	Workout Intensity	Low; Moderate; High	Increased Cardiovascular Health	Heart rate during exercise	Average Heart Rate	10 bpm	Based on subjective perception and heart rate monitor	B
Workout Schedule	Workout Frequency	<3 days/week; 3-5 days/week; >5 days/week	Consistent Exercise Habit	Number of workouts per week	Number of workouts	1	Track using calendar or app	C
Diet	Caloric Intake	<1500; 1500-2000; >2000	Healthy Weight Management	Daily caloric intake	Calories	50	Estimated using food diary	D
Diet	Macronutrient Ratio	High Protein; Balanced; High Carbohydrate	Optimized Body Composition	Percentage of protein, carbohydrates, and fats	Percentage ratio	2%	Analysis based on food diary entries	E

Sleep	Sleep Duration	<6 hours; 6-8 hours; >8 hours	Improve d Sleep Quality	Hours of sleep per night	Hours of sleep	0.5	Tracked using sleep tracker	F
Sleep	Sleep Quality	Poor; Fair; Good	Reduce d Fatigue	Subjecti ve rating scale	Sleep quality score (1-10)	1	Based on a self-rep orted scale	G
Stress Manage ment	Stress Level	Low; M oderate ; High	Reduce d Stress Levels	Perceiv ed stress level	Stress score (1-10)	1	Based on a val idated stress scale	H